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# SCHOOL LUNCH NEWS-LETTER

NATIONAL SCHOOL LUNCH PROGRAM

Newsletter issued to Participating  
Private and Parochial Schools in South Dakota

UNITED STATES DEPARTMENT OF AGRICULTURE  
PRODUCTION AND MARKETING ADMINISTRATION  
Field Service Branch  
56 Third Street, S. E.  
Huron, South Dakota

U. S. DEPARTMENT OF AGRICULTURE

Bulletin No. 3

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## VALUES

The School Lunch Program, providing for nutritious and well-balanced lunches or meals, plays a vital part in contributing to the health and general well-being of the individual child, thereby making it possible to utilize to a fuller degree the educational advantages extended and the training given. It is universally recognized that children should not only be taught well but also fed well.

\* \* \* \* \*

The opportunities for using the School Lunch Program as an educational tool are unlimited, not only for applied nutrition but also for such subjects as quantity food preparation, food requirements, accounting, and business management. School authorities have recognized the value of integrating the school lunch into the total school program and the part it plays in a greater service to their communities.

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## MILK FOR SCHOOL LUNCHES

Pasteurizing is not required so far as the serving of milk as a beverage is concerned in connection with School Lunch Programs operated by sponsors holding contracts with the U. S. Department of Agriculture. The safety and acceptability of milk remains the sponsor's responsibility. Many sponsors are able to secure safe supplies of raw milk while others desire pasteurized milk, or even do their own pasteurizing in their lunch program kitchens. Schools desiring information and suggestions regarding methods to do their own pasteurizing may address their inquiries to the State Nutrition Committee, Brookings, South Dakota; State Department of Health, Pierre; or State Agricultural Extension Service, Brookings. For tests relative to safe milk or milk supply, inquiry may be made directly to the State Department of Health at Pierre.



## RECORD KEEPING AND CLAIM PREPARATION

The claim prepared each month by the sponsor must be accurate and a true reflection of program operations for the month being reported. All entries, on the claim must be substantiated by records on file at the sponsor's office. It is not enough merely to make a rough guess as to the amount spent or the amount received. Your claim constitutes a claim against the United States government and as such must be accurate. It is vitally important that the sponsor keep accurate and complete records to substantiate claims. This is in accordance with Article 16 of the School Lunch Agreement.

Since most of the first month's claims (September) were returned to sponsors for correction, you were possibly not alone in the group who needed to recheck Form FP-6. It was necessary to return any claim which was not correct in the hope that, by calling attention to any discrepancy now, it will aid the schools in preparing and submitting future claims.

## ADMINISTRATIVE REVIEWS

Representatives from this office will be making calls on sponsors for the purpose of making Administrative Reviews of their programs. The Reviews are made to assist the sponsors in establishing a system where complete records are kept in order to satisfy contract requirements. Sponsors should feel free to ask the visiting representative any questions pertaining to the lunch program. Our office aims to give all help possible to sponsors. Representatives working from this office to review all schools are Theodore Nickisch, Arthur Seimers, and Harold Ristow. All schools can expect to have one of these men call on them before January 1947.

## KEEP DAILY RECORDS

All sponsors are urged to use Form FP-9, "Daily Record of Program Operations." If a daily record is kept of all expenditures, income and participation, the preparation of the monthly claim will be a relatively simple task.

## POTATOES

Potatoes are our most abundant food. Sponsors should encourage their cooks to use potatoes as much as possible. Potatoes can be prepared in a variety of ways and are especially nutritious and packed with energy.

## HINTS IN STORING POTATOES

- (1) Store only mature, sound, dry potatoes.
- (2) Store in cool, dry, dark place (temperature 40 to 60 degrees.)
- (3) Store in slatted crates or bins raised from floor to provide ventilation.
- (4) Inspect occasionally for keeping quality and sort potatoes regularly.

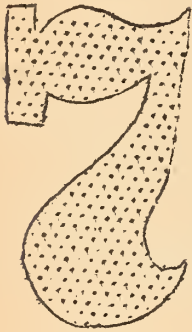


## "THE BASIC 7"

Here are the basic "7" foods. Everyone should have some item from each group each day. Are your meals meeting this test?

Group I -- Green and yellow vegetables ... are outstandingly rich in vitamin A, especially the dark leafy ones. Vitamin A helps prevent night blindness, promotes normal resistance to colds, sore throat and pneumonia. Two servings a day, excellent; one serving, good; none, poor.

Group II -- The citrus fruits ... oranges and grapefruit, tomatoes, raw cabbage, or salad greens. Generous amounts of vitamin C are in citrus fruits and tomatoes, fresh or canned. This helps maintain health of the entire body, muscles, bones, teeth, blood vessels. Two servings a day, excellent; one serving, good; none, poor.



Group III -- Potatoes and other vegetables and fruits ... provide variety of minerals and vitamins for good, all-round nutrition; also, bulk for good digestion. Two servings, excellent; one serving, good; none, poor.

Group IV -- Milk and milk products ... supply calcium and riboflavin (vitamin B<sub>2</sub>) in diet...calcium builds bones and teeth...riboflavin helps maintain muscles. More than 1 pint of milk or its equivalent, excellent; 1 pint milk or equivalent, good; less, poor.

Group V -- Meat, poultry, fish, eggs, dried beans or peas, nuts, peanut butter ... are the source of excellent protein to keep muscles tuned up. They also furnish many of the B-vitamin complex needed for steady nerves. Two servings, excellent; one serving, good; none, poor.

Group VI -- Bread, flour and cereals, natural whole grain, enriched or restored ... give valuable food energy ... help to supply the "pep" needed for daily activity. One serving at each meal, excellent; one serving twice daily, good; one serving daily, poor.

Group VII -- Butter and fortified margarine, with added vitamin A fuel foods, are rich in energy ... both help prevent that "empty feeling" soon after eating. At each meal, excellent; twice daily, good; once daily, poor.